Packing List

- Money
    - $15 for team dinner on Friday night (collect during the week at practice)
    - Spending money for stops for snacks (Friday and dinner after race Saturday)
    - *Northwest Designs will be selling apparel at the event- $50-60- this is optional.
- Team singlet and shorts (uniform!) and warmups
- Running shoes (two pairs if you have them in case one pair gets soaked)
- Running pants/sweats (something for the bus ride and to kick back in AND/OR to warm-up in)
- Racing spikes
- Watch
- Windbreaker/rain jacket/ rain gear
- Extra socks
- Sweatshirt
- Long sleeve shirt/short sleeve shirt
- Water bottle/ sports drink
- Hat/head band/gloves
- Toiletries
- Phone, headphones, chargers
- Snacks
- Sleeping clothes
- Sleeping bag and sleeping pad
- Pillow